

# TUNING IN TO KIDS



**A six-session  
programme for  
parents/ caregivers  
of children aged  
4-12 years**

**Emotionally Intelligent Parenting**

## **Tuning in to Kids is an evidence-based programme designed to teach parents & caregivers:**

- How to coach a child through periods of heightened emotion resulting in emotional regulation
- Awareness of their children's emotions
- To use children's emotional experiences as an opportunity for closeness and teaching
- Skills in assisting children to verbally label and manage their emotions
- Skills in assisting children to problem solve
- To guide children's behaviour with appropriate limits

## **Sessions include:**

- Watching video material
- Group discussions and exercises
- Role plays
- Home-based activities to practice different ways of responding to your child's emotions

Parents are encouraged to share experiences and ideas within the group

## **When?**

**Time:** 12.30 – 2.15pm

**Dates:** May 19<sup>th</sup> – June 23<sup>rd</sup>

**Location:** North Methodist Parish  
68 Harewood Rd.  
\*The Church is not connected to the programme we are just using their community space.

**Spaces are limited. Please contact:**

*Jonathan Crosby – 027 928 2172 / [jonathan@mmsi.org.nz](mailto:jonathan@mmsi.org.nz)*

**for further information or to reserve your place.**



**MANA AKE**  
STRONGER FOR TOMORROW